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COLD COMFORT

Old-fashioned
goodness
made easy

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Fantastic Fish

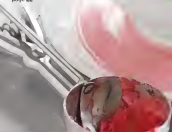
Light entrées perfect
for warmer weather

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Summer Produce

Celebrate the flavor
of locally grown corn

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JULY-AUGUST 2019
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keep it local

Hannaford
Close
to Home



Hannaford Supermarkets strive to give you the best locally grown and locally made foods available. Why? Because local food is fresher, and supporting farmers and producers close to home helps strengthen local economies and communities.

We've handpicked suppliers throughout New England and New York based on their unique qualities and ability to deliver the freshest foods to our stores. We call our program "Close to Home," and we invite you to learn more about some of these suppliers, their techniques and why it's important to keep things local.



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FRESH FORUM

I picked up *Homestead* fresh at the Willow Street store in Augusta, Maine. The recipes look great but are too much for one or two people. I would like to see a page of down-sized ideas for cooking for two.

SHARON CRISSEN
Augusta, Maine

Edit: How often do you adjust the portions on fresh recipes by visiting www.barnagall.com. Click on any recipe to see the new serving feature. Just enter the number of servings you'd like — two, five, six, eight, 12 or 16 — and the quantities in the ingredients list will adjust automatically. Also, we indicate in the magazine when recipes can be halved or frozen and reheated later.

I really appreciate how fresh magazine offers a range of healthy recipes using whole foods. Even though *Homestead* surely makes more of a profit margin on heavily processed and packaged products, many unprocessed or minimally processed foods fit more economical and natural lifestyles. Better for the environment and more likely to support local food producers. Thank you and keep it up!

ALLANNE DORRANCE
Portland, ME

I really enjoyed the interview with chef Eric Brander in the issue "Healthy Age Wise" (March/April 2009). Eric discussed eating seasonally in order to consume foods at their peak of flavor and to cycle variety.

We'd Love to Hear from You!

Please send your comments, suggestions and column requests to feedback@barnagall.com or send magazine (PO Box 8908, Portland, ME 04114). Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To unsubscribe, email unsubscribe@barnagall.com or visit www.barnagall.com and click on the Contact Us menu at the top of the page. I can also be reached, or call 206.253.9940.



"I really appreciate how fresh magazine offers a range of healthy recipes using whole foods."

John Philbrick Thanks a lot for the idea. But sometimes it's hard to know what to do on one meal or on peak. It would be wonderful if fresh published a list of produce and the ideal seasons for each type.

JOHN PHILBRICK
Portland, Maine

Edit: Great suggestion! We'll certainly consider it. In the meantime, when shopping at Farmington's, look for our "Close to Home" signs, which highlight local and seasonal products including produce. Or feel free to ask one of our produce associates, who will gladly recommend seasonal items.

I enjoy your magazine and regularly cook out the recipes. I was wondering if you can put ideas on recipe cards for easier saving and sharing.

JOHANNA LORIN
Portland, ME

Edit: We're glad you're enjoying the recipes. We certainly realize this, you who want to save our recipes has a coupon form to fill www.barnagall.com where recipes are easily accessible for printing.

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[INGREDIENT INSIDER:
FRESH PEAS]By **Terri Simpson**

If you haven't had the pleasure of eating fresh peas, you're not alone. Only 5 percent of all peas harvested are sold fresh; the rest end up frozen or canned. But pick some up and feast in for a treat. Fresh peas have a crisp texture and a sweet, clean flavor that brightens any meal.

There are two types of fresh peas: those with edible pods, usually called snap- or sugar-snap peas, and those with inedible pods, usually called garden or English peas. These need to be shelled before using (see technique below).

Buy peas the day you want to eat them, since their sugar converts to starch right away. If that isn't possible, be sure to refrigerate them immediately and unfreeze! Look for vibrant green, slightly curved snap peas that snap when bent. If they're all yellowed, speckled, puffy or wrinkled, discard them. The peas themselves should be small, plump, and juicy.

POTATO AND FRESH PEA SALAD WITH
MINT AND PETA CHEESE

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 40 MINUTES

Wash potatoes well, scrubbing with fresh green peas in a large strainer. Boil for 10 to 15 minutes.

- 1 In small red potatoes, scrubbed and cut into 1½-inch pieces.



- 2 In large garden peas in the pod.

cup olive oil

- 3 Tbsp white vinegar

- 1 tsp Dijon mustard

- 1 garlic clove, minced

- ½ tsp kosher salt

- ½ tsp freshly ground black pepper

- cup-shopped fresh mint leaves

- cup-shopped pea shoots

- 1 Place potatoes in a medium pot, cover with cold water, and bring to a boil over high heat. Lower heat to medium-low and cook until potatoes are firm but slightly tender, about 15 minutes. Drain in a colander, run cold water over potatoes, and leave to cool for 10 minutes.

- 2 While potatoes cook, shell peas. You should have about ½ to 1 cup peas.

- 3 Prepare vinaigrette: Place oil, vinegar, mustard, garlic, salt, and pepper in a small bowl and mix until well combined.

- 4 Transfer potatoes to a serving bowl; add vinaigrette and gently mix until potatoes are coated with dressing. Add shelled peas, mint, and pea and mix gently. Serve at room temperature or chilled. May be made 1 day in advance and stored, refrigerated, in an airtight container.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
260 CALORIES, 10% CALORIES FROM FAT, 10% CALORIES FROM CARBOHYDRATE, 10% CALORIES FROM PROTEIN, 10% CALORIES FROM FIBER, 10% CALORIES FROM SUGAR, 10% CALORIES FROM SODIUM, 10% CALORIES FROM OTHER.

[TECHNIQUE: SHELLING PEAS]

Shelling peas in the pod can be intimidating at first, but not to fear: Creating those succulent peas out of their shells is easier than you might imagine. Think of shelling as unpeeling. Place the pods in cold water, then pick up a pod. You'll notice that one end will have a bit more of a stem. Grasp the stem end and pull. As you do so, a string will detach from the top, along the side of the pod. This creates the notch. Gently open the pod along the stem and remove the peas.

Close to Home

Wendy Ward continues Hamdenford's 125-year tradition of sourcing local products

BY BEVERLY BALLARD PHOTOGRAPH BY JOANNE BOCK

Wendy Ward has a passion for agriculture: she spent childhood summers working on her grandparents' dairy farm and later ran her own farm for nearly 30 years. Today, as Local Sourcing Specialist, she oversees Hamdenford's Close to Home program, a company initiative enticing shoppers to make variety of fresh, locally grown, and locally made products in this role. Wendy works with hundreds of local farmers and producers throughout New England and New York.

How did you become Hamdenford's Local Sourcing Specialist?
I've always been involved in agriculture, lived my work as a Master Gardener volunteer, and had a strong passion for local foods. This passion grew out of my work as an intern to promote Hamdenford's local produce initiatives four years ago. While completing my degree in environmental science, I've enthusiastically supported Hamdenford's vision to expand the variety and availability of those—units of Close to Home products available throughout our stores.

How do you define "local?"
Hamdenford has a comprehensive variety of "local" or Close to Home items, which we define as grown or made in the state where they are sold. That's why local products often vary by region and store location and run the gamut from fruits and vegetables to canned or frozen foods, cleaning supplies, and more. Each state has a unique mix of local products to offer. Hamdenford shoppers in Maine can enjoy local products ranging from wild blueberries to Kash's Sausage. New York stores might feature products and Sunnyside Garlic, while New Hampshire shoppers might find cedar and White Mountain Beale Cans.

What are some of the benefits of local products?
Purchasing local products keeps consumer money in the local economy, which strengthens communities and helps agriculture and small businesses stay alive. Plus, there are significant environmental advantages. Our commitment to local farming preserves open spaces and reduces the need for long distance shipping, which impacts our carbon footprint. And, of course, high quality local products offer excellent freshness, taste, and nutritional value. Our producers have tremendous pride in their products, a commitment to superior quality, and an adherence to good food safety practices. There are all reasons why our local products are highly popular: as so popular in fact, consumer demand has increased 100 percent a year for the past few years. Close to Home is a mission for everyone.

How do you go about finding local sources?
I find new local producers by leveraging my multiple resources such as local food shows, trade organizations, Departments of Agriculture, Farmer Business Networks, and other sources in the five states where we operate. In addition to these formal networks, I visit our supermarkets, competitors, and specialty stores in each market.

Does your family share your commitment to local products?
Very much so. My daughter, a college student majoring in environmental science, has a strong commitment to local and organic foods. Just as experiences on my grandfather's farm helped shape my love for farm-



to-hill local foods, my daughter's passion for traditional foods and a clean planet has encouraged her to adopt a lifestyle. When she was a child, we worked together to grow and preserve organic vegetables, herbs, and more. Today, she runs local ingredients in her own recipes whenever possible.

When do you see the trend toward locally sourced foods going?
Hamdenford has offered the best local products to shoppers since the 1930s. We will continue to be a leader in the local foods movement that is now sweeping the country as more and more people consider the health, economic, and environmental benefits of local and organic products. Of course, Hamdenford has been walking this walk for 125 years. I'm proud to be a part of Hamdenford's effort to educate consumers, reach out to local producers, and make the planet healthier for future generations. ■

To learn more about Hamdenford's Close to Home program, visit www.hamdenford.com, pull down the Our Stores menu option, then click on Local Products.

Tried and True

We put our fresh recipes to the test.

BY MEGHAN ROMNEY LITTLE AND LEE STEIN

Developing the recipes you see in *fresh* magazine is a challenging process. Once the recipes for a given issue are chosen, experienced food writers—many of whom are also cookbook authors—develop the recipes. Completed recipes are then sent to our testers, who follow each recipe carefully, preparing the dishes in their home kitchens.

"We want to make our recipes as tested the way they'd actually be made by our readers. Unlike for our 'Cooking with Kids' column, for example, we always made by adults working with their children. Testers check that the timing we give for a recipe is as realistic, especially for our 'Meals in Minutes' feature, as sometimes we have to test themselves, and notes to make sure the recipes come to within our 30-minute time limit. Testers confirm that serving sizes are correct, instructions are clear and efficient—and the food turns good! When the recipes are documented to be both accurate and delicious, they go onto our photographers and food stylists, who make the recipe yet again, further ensuring that it works as it should."

Some of our recipe testers are recipe developers as well. But many are testing only and they're happy to follow recipes in cookbooks and magazines. Still others like to experiment and adapt recipes to match their own cooking style. But one thing all our testers have in common is a love of cooking.

It's that much to love, in simple

words Elizabeth Stearns clearly knows her way around the kitchen, she's not a chef. Her lack of formal training is useful in her role as recipe tester because she approaches a dish the way any other home cook does. Elizabeth explains: "I'm always

thinking, 'Would someone with less cooking experience than I have understand what I'm doing? If they aren't able to do it as well, will the dish still turn out the way it should?'"

One reason Elizabeth is an effective tester is that she's always experimenting in the kitchen. A favorite family dish, Eggplant is an Italian recipe she learned from her mother-in-law. Over time, altering the recipe to suit her taste and cooking style, Elizabeth has made it her own. "I love the recipe because with each iteration, it gets me pointed up with something that

was in mine," she says. "Plus, it's so quick and easy."

Elizabeth's lucky friends and family often get to sample the tasty and creative recipes she's assigned to test. She recalls testing Thanksgiving recipes in August one year. "I discovered that six or seven days in to prep a whole turkey in August, and also cooking one in my own air-conditioned apartment. I know why," she jokes. "But the food was wonderful, and I invited a group of friends over for Thanksgiving in August."



PHOTOGRAPH BY ANDY AND LAYOUT BY MEGHAN ROMNEY LITTLE

SPICY SALMON STEAKS

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

These warmly spiced Japanese steaks are similar to a leaneu. Serve with rice, a chopped salad, and a dollop of pepper for an easy quick weeknight meal.

- 1 lb. 80% lean ground beef
- ½ tsp. ground cinnamon
- ½ tsp. ground cinnamon
- ½ tsp. ground cumin
- ½ tsp. salt, divided
- ½ tsp. freshly ground black pepper, divided
- 8 eggs
- ½ cup chopped onion

- 1 Preheat oven to 375°F. Spray a 12-inch pan with vegetable cooking spray and set aside.
- 2 In a large skillet, cook ground beef over medium-high heat, breaking meat into small pieces. Add cinnamon, cinnamon, and red pepper. Stir in ½ tsp. of the salt and ½ tsp. of the pepper. Cook beef for about 10 minutes or until brown. Place in prepared pan, draining evenly.
- 3 In a large bowl, whisk eggs and season with remaining ½ tsp. salt and ½ tsp. pepper. Stir in chopped onion, four-egg mixture over beef and make sure it's distributed evenly.
- 4 Bake for 10 minutes or until top is lightly browned and a tooth inserted in the center comes out clean. Let sit for 5 minutes, cut into steaks, and serve hot or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
554 CALORIES, 12 CARBOHYDRATES, 105 PROTEIN,
FIBER 10.0, SATURATED FAT 10.0, CHOLESTEROL,
FIBER 10.0, SODIUM 10.0

ELIZABETH'S STEAMED FISH WITH SINGAPORE DIPPING SAUCE

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 25 MINUTES

This large sauce can be served with anything — from shrimp sticks — but



Elizabeth prefer to eat alone and look they serve as individual bowls with white rice to catch the sauce. Recipe may be halved.

Fish

- 1 lb. fillets (any fish, but white fish)
- ½ tsp. freshly ground black pepper
- 1 large fish chop (medium) (medium)
- and cut into 1-inch pieces

Dipping Sauce

- 1 scallions, finely sliced
- ½ tsp. (chopped) ginger
- ½ tsp. (chopped) fresh ginger
- 1 cup (medium) (medium) soy sauce
- 1 cup (medium) or (medium) oil

- 1 Season fillets with pepper. Put a steamer rack in a large skillet and fill with water to just below rack. Bring water to a boil and place fillets and fish chop on steamer rack. Steam for about 10 minutes or until fillets are opaque and flake with a fork and look they are completely done. Depending on the size of your steamer

you may need to do this in two batches. 2 While fish and look they are steaming, prepare dipping sauce. In a medium heatproof bowl, combine scallions, oil, and soy sauce.

3 When fish is ready, put oil into a small saucepan and heat over high heat until smoking, about 2 minutes. Very carefully add oil to dipping sauce. mixture will bubble actively for a few seconds, so be careful of hot splatters.

4 Divide fish and look they among four bowls and pour sauce on top to serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
200 CALORIES, 10 CARBOHYDRATES, 100 PROTEIN,
FIBER 10.0, SATURATED FAT 10.0, CHOLESTEROL,
FIBER 10.0, SODIUM 10.0

Notes

1. Elizabeth's recipe is for 4 servings.

Elizabeth's recipe is for 4 servings. Elizabeth's recipe is for 4 servings. Elizabeth's recipe is for 4 servings.

with her husband and their friends. An associate editor at America's Test Kitchen in Brookline, Mass., Kate has always been interested in baking. After marrying the head baker at an art school, she was encouraged by her mother and grandmother to try other desserts. She found baking from scratch isn't hard and it has its perks: "You can control what goes into the dessert," she points out, "and you can add things you like or leave out things you don't like."

Take her Toasted Almond Chocolate Chip Cookies. They follow a fairly standard cookie method, but the recipe produces small (1½-inch) cookies, not the large cookies served in patisseries. "These petite cookies give you more crunch," Kate says.

She can sometimes serve as a voice of a recipe that needs revising, usually due to an unlikely combination of ingredients or too much of a single thing. And when recipe instructions aren't clear, she's able to interpret and revise. A single recipe may take one night to test, so an entire week, Kate says. "I returned a banana Pudding recipe four times before I decided to try a moka-style skillet." With that and a few more adjustments, the recipe worked beautifully.

Kate believes there is no foolproof strategy for tweaking a recipe, but having a close picture of the final dish, including textures, tastes, and level of spice is a good start. Then, she suggests plus or minus adjustments and takes the steps to get there.

KATE'S TOASTED ALMOND CHOCOLATE CHIP COOKIES
MAKES ABOUT 30 COOKIES (ON SERVINGS)
ACTIVE TIME: 45 MINUTES
TOTAL TIME: 1 HOUR

"These cookies are good just out of the oven," says Kate, "but even better a half-hour later when they're an up-and-brown crust." Using butter that has softened to room temperature helps the crustiness. Cookies may be frozen.



- ½ cup dried almonds
- ½ cup flour
- ½ tsp baking soda
- ½ tsp salt
- ½ cup (½ stick) unsalted butter, softened
- ½ cup (1 stick) sugar
- ½ tsp vanilla
- 1 egg, beaten
- 1 tsp lemon juice
- 1 cup (2 sticks) sifted and sifted chocolate chips
- ½ cup (1½ sticks) almond meal

- 1 Preheat oven to 350°F. Line two baking sheets with parchment paper or spray with vegetable cooking spray. Coarsely chop almonds over one sheet and bake 6 to 7 minutes, until toasted. (Be careful not to let them burn.) Remove nuts to a small bowl and set aside. Bake rest to 10:00.
- 2 In a medium bowl, mix in which together flour, baking soda, and salt. Set aside.
- 3 In a large mixing bowl, beat together butter and both sugars using an electric mixer on medium-high. Scrape bowl egg and vanilla in a small cup. Beat creamer with butter mixture.

4 Add half the flour mixture to the butter mixture. Mix on low speed until combined. Then add remaining flour and mix on low until all flour is completely mixed in. Add chocolate chips, almond almonds, and almond bits on low speed just until evenly distributed.

5 Scoop one tablespoon of batter onto prepared baking sheets about 2 inches apart. Bake cookies at 350°F for 12 min, rotating baking sheet halfway through cooking time.

6 Remove from oven and let cookies cool on baking sheet for 3 minutes, then move to a cooling rack. Store in an airtight container.

APPROXIMATE NUTRITION: PER SERVING (20 COOKIES), 100 CALORIES; 10g FAT; 10g CARBOHYDRATE; 10g PROTEIN; 10g SUGAR; 10g FIBER; 10g CHOLESTEROL; 10g SODIUM; 10g CALORIES.

Do you have a favorite recipe? Please share it! You could be featured in Food Lover's Paradise. Just email us at frank@magicalmomentsforfood.com.

Ice Cream Social

Get out the toppings and start scooping—homemade ice cream makes it a party

BY LIZ STONE PHOTOGRAPHS BY MARK FORB

The moment, when the kids scream for ice cream, you don't need to pin the whole family in the car and drive to the ice cream shop. Instead, just head for the kitchen to make your own delicious frozen treats. Start with the classics—vanilla, chocolate, and strawberry—and then experiment with your favorite flavors. But first, a few ice cream basics.

For an easier-to-make ice cream, rather than flavored ice, two things must happen at once: the mixture needs to be churned while it's freezing. The constant moving—churning—of the mixture as it freezes breaks up ice crystals and you end up with a smooth, creamy dessert.

French-style ice cream uses a custard base made with eggs. Since the custard is made by heating the yolks with milk, it needs to chill overnight so the mixture you put into an ice cream maker won't be very cold.

Philadelphia-style generally means the ice cream base contains no eggs, just milk and cream. The advantage of a Philadelphia-style base is that it's not cooked and can be turned into an ice cream right away since the mixture is already chilled. We've included recipes for each kind and use the honey yogurt.

"When it comes to making ice cream at home," says Wayne Knight, "start with the best ingredients you can get your hands on." Knight knows all about ice cream—especially the key ingredients, milk and cream. His family owns and operates Sundae Hill, a dairy farm in Windsorlock, Maine. (He supplies thousands of stores in the greater



Pondford area with bottled milk. Sundae Hill also makes ice cream, sold only at the farm. Knight's

favorite flavor is vanilla, and even though the farm produces ice cream, he likes to make small batches at home. "Vanilla got short shrift, but it can be such a very unique flavor," he says.

Knight is one of six siblings involved in the business: the fifth generation is working on the farm. The fifth, Roger, came up with the

idea of creating the flavored milk available in some Vermont stores. In addition to chocolate and strawberry, Sundae Hill makes seasonal flavors like lemon and blueberry. "We didn't think in a million years anybody was going to buy blue milk," says Knight. "But it's one of our best-selling flavors."

Let your kids have their own fun with flavors by choosing add-ins to our ice cream recipes (they can try up to seven cream, candy-coated chocolate, jelly, beans and chopped cookies). Realize your party for favorites and let the churning begin!

Cooking with Kids

CLASSIC FRENCH VANILLA ICE CREAM

YIELD 4 CUPS (8 SERVINGS)

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 4 HOURS, 30 MINUTES TO 48 HOURS
(DEPENDS ON CHILLING TIME)

French vanilla ice cream tasted best against patience — it takes about 48 hours of continuous chilling to make the cream. Kids will need adult assistance but the result produces some of the best-tasting vanilla ice cream you'll ever eat. This is a great treat to use for a hot flavor.

What Kids Can Do

- Whisk egg yolks, sugar, and milk
- Stir mixture through a strainer
- Stir in cream
- Pour chilled mixture into ice cream maker

1. ingredients
2. mix sugar
3. whip whole milk
4. add heavy cream
5. top vanilla extract

- 1 In a medium saucepan, gently whisk together egg yolks and sugar, being careful not to let the mixture get too heavy. Gradually stir in milk and mix gently but thoroughly.
- 2 Heat mixture on medium-low stirring constantly with a large spoon or a whisk to keep mixture uniform; otherwise, egg will cook unevenly and there will be bits of cooked egg mixed in with the milk. Cook until mixture thickens slightly and coats the back of the spoon about 7 to 10 minutes. Be careful not to overcook, which will yield scrambled eggs in milk.
- 3 Remove from heat and let mixture cool at room temperature for 10 minutes. Pour mixture through a strainer, set over a large container (like milk cream) and any bits of cooked egg. Stir in cream and vanilla. Cover with a tight-fitting lid and refrigerate at least 6 hours or, preferably overnight.
- 4 Pour chilled mixture into the bowl of an ice cream maker and process according to manufacturer's instructions. Most machines produce finished ice cream in 25 to 30 minutes. If you like soft-serve ice cream, on immediately (otherwise transfer to a

container with a tight-fitting lid and store in the freezer. It will be firm but will melt slowly back. This ice cream doesn't get too hard and is easy to scoop after morning storage; it will keep frozen up to two months. It is easy for children: this ice cream is best made 1 day in advance.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
665 CALORIES 24.5 CARBOHYDRATES 40 MG FAT
240 MG SODIUM 100 MG CHOLESTEROL
60 MG PROTEIN 30 FIBER

VERY STRAWBERRY FROZEN YOGURT

YIELD 4 CUPS (8 SERVINGS)

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR, 5 MINUTES TO 2 HOURS

This very red and light frozen yogurt doesn't use an ice cream maker — a food processor does the mixing.

What Kids Can Do

- Stir yogurt and vanilla
- Add sugar and frozen strawberries to food processor
- Push buttons to pulse berries in processor

FAVORITE FLAVORS

VANILLA VARIATIONS

- **Chocolates** Add 1 cup flipp ground chocolate to the mix and beat.
- **Maple** Replace the sugar with an equal amount of maple or agave.
- **Cappuccino Cream** Stir in 1 cup crushed cookies (biscuits) and/or other small bits when the ice cream is thick and stirred ready.

CHOCOLATE VARIATIONS

- **Mocha** Use half whole milk and half chocolate milk. Beat for 25 to 30 minutes and add 1 cup hot water and add up the mix.
- **Chocolate Caramel** Beat all six butter with sugar for the chocolate syrup.
- **Chocolate Peanut** Beat in 1/2 to 1 cup of honey if topped chocolate peanut butter cup candies when the ice cream is thick and stirred ready.

FOOD VARIATIONS

The Very Strawberry Frozen Yogurt recipe works well in any blender. Try peach, Raspberry or a mix of fruits.

VERY STRAWBERRY FROZEN YOGURT



- 1 cup plain vanilla yogurt
- ½ tsp vanilla extract
- ½ tsp sugar
- 1 8-ounce frozen strawberries (thawed and drained)

- 1 Combine yogurt and vanilla in a glass measuring cup with a spoon. Stir well.
- 2 Place sugar in the bowl of a food processor and process 30 seconds. Add strawberries and process about 30 seconds. Scrape the sides of the bowl and process another 30 to 60 seconds until coarsely ground. Be careful not to overprocess — the mixture tends to stay cold and processing too much will heat it up.
- 3 With food processor running, pour yogurt mixture in through the feeder tube. Process 30 to 60 seconds until mixture appears smooth and uniform.
- 4 The yogurt will have the texture of soft-serve ice cream and may be served immediately. To store, transfer to a container with a tight-fitting lid and put in the freezer. It will be firm but still soft after 1 hour. When stored overnight, this frozen yogurt becomes very firm. It will keep frozen up to two months. Let sit at room temperature for 5 minutes and run an ice cream scoop under warm water before scooping.

ADDITIONAL NUTRITIONAL VALUES FOR MIXING INGREDIENTS: 100g CREAMED VANILLA YOGURT (1% FAT) 100g FROZEN STRAWBERRIES (THAWED AND DRAINED) 100g SUGAR 100g

MILK CHOCOLATE ICE CREAM

YIELD: 8½ CUPS (20 SERVINGS)

ACTIVE TIME: 5 MINUTES

TOTAL TIME: 20 TO 40 MINUTES (including 10 minutes in the freezer and 10 minutes in the refrigerator)

Using flavored milk, such as flaming Hill Farm chocolate milk, makes it easy to create flavored ice cream.

ICE CREAM PARTY

Part of the fun of eating ice cream is juggling it with goodies — like chocolate syrup, hot fudge, hot fudge sauce, marshmallows, fruit, nutmeg, cream and colored egg shavings. Don't forget the marshmallow cherries!



an flavored ice cream. This Philadelphia-style ice cream can be enjoyed the day you mix it, as it doesn't require long chilling.

Make: *Use fat chocolate milk may be used, but it will produce an ice cream with a flatter texture after freezing overnight.*

What Kids Can Do

- Mix ingredients
- Pour mixture into ice cream maker
- Scoop ice cream

- ½ cup regular or low-fat chocolate milk
- ½ cup chocolate syrup
- 1 pint heavy cream

- 1 In a medium-size bowl, stir together all ingredients. Refrigerate for 10 minutes to allow flavors to blend, then pour into the bowl of an ice cream maker and proceed according to manufacturer's instructions. When machine produces finished ice cream in 25 to 30 minutes:
- If you like soft-serve ice cream, run continuously. Otherwise, transfer to a container with a tight-fitting lid and move to the freezer until it reaches the desired consistency. It will be firm but still soft after 1 hour. When stored overnight, this ice cream becomes very firm. It will keep frozen up to two months. Let sit at room temperature for 5 minutes and run an ice cream scoop under warm water before scooping.

ADDITIONAL NUTRITIONAL VALUES FOR MIXING INGREDIENTS: 100g CHOCOLATE SYRUP 100g HEAVY CREAM 100g MILK 100g SUGAR 100g VANILLA EXTRACT 100g FROZEN STRAWBERRIES (THAWED AND DRAINED)

Try a summery take
on fresh fish with these
fast, beautiful dishes

Catch of the Day

BY CLARA SILVERSTEIN

PHOTOGRAPHS BY FRANCESCO TONELLI

Summer is a great time to try new fish dishes. Warmer weather brings prime fishing season, so supplies tend to be plentiful. And fish cooks quickly, which helps kitchen time be a minimum when you want to keep the heat down.

Different cooking techniques suit different kinds of fish. Thin, delicate sole or flounder filets do best when sautéed, pan-fried, or baked. Swordfish, tuna, and salmon are sturdy enough to stand up to grilling. Thick but mild filets, such as cod and haddock, work well in chowders. They can also be broiled, oven-roasted, or poached. All fish ories out when it's overcooked, so no matter how you cook your fish, be sure to check it frequently. Most fish is done when it's no longer opaque and flakes easily when gently prodded with a fork.

Our readers take pride in delivering fresh fish caught in New England waters. Boston Seaweed & Tuna, in Massachusetts, brings swordfish, tuna, and frozen scallops to our stores. The company's president, Michael Scala, and CEO Tim Holey help unload many of the boats that pull up to the docks by its Boston headquarters. "It's very hands-on here," Scala says. "We buy, unload, pack, and grade the fish that comes in."

Scala and his brothers are part of the fourth generation to work in the family-owned seafood business — their grandfather and great-grandfather were fishermen. Boston Seaweed & Tuna maintains a strong relationship with its customers: "New Englanders love their seafood," Scala says. "Hansford does a good job with its displays — the seafood looks so nice it sells itself."



Stromboli's levels hit \$100, including hoodlums, brawlers, biker politicos and even preps, came from Long Beach's Italian art district, states "We buy directly from the fishermen, and then sell directly to the restaurant. That gives Stromboli customers better fish and better value," says president and owner John Norelli, who has been working with Stromboli since 1967. Norelli says Stromboli customers tend to buy a lot of fish. "They're pretty knowledgeable and sophisticated about how to eat it," he says.

Whether you grill, sauté, or poach your fish, add a tossed salad with fresh herbs and vegetables and a basket of crusty Minardi's Flax® bread, and you have a delicious, easy summer meal.

DISCLAIMER: RUSTFIELD TUMBA IS FOR ADULTS ONLY. NO CHILDREN ALLOWED.

[illegible]

Keywords: child sexual abuse; disclosure; social support

[illegible]

This restaurant-quality dish is surprisingly easy to make. Noodles may be prepared a day in advance and refrigerated. Bring to room temperature before serving. Recipe may be halved.

[illegible]

1. oil (spray)
2. top - remove oil
3. clove garlic, minced
4. hot, cooked fresh shrimp

[illegible]

- 2 Topo related software for Linux
- 3 Topo related software guides
- 2 Topo raw data manager
- 4 Topo: The open-shell world (back in 2014/2015) or to finish
- 1 cards provided
- 1 software (mainly closed)
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TABLE 1

- 4) all four are human proteins
- 5) zap-sequence is only found on the beta-mannosidase side
- 6) zap-oligos are
- 7) zap-140
- 8) zap-140 is a human protein

1. Prepare the noodles. In a large pot, bring 8 gallons water to a boil over high heat. Add 4 cups salt (this will spicify). Cook 8 minutes; just until al dente. Drain.

and have separate or different storage and access methods. For example, the following are some of the available file modes:

- C.** Prepare sauce. Boil chicken and par-boil rice. Place chicken inside an oval-shaped dish. Add contents of each sauce with olive oil. Sprinkle with salt and pepper. Lay each noodle flat against sauce and noodle and press gently with noodle roller. Flip noodle and press noodle on other side. Repeat until all noodles are covered with sauce.
- D.** Sprinkle on entire large noodle dish with olive oil and cooking spray and heat over medium-high heat. Add more noodles after 1 minute, then flip and wait 3 minutes on the other side or until noodles are browned and coated evenly with sauce (or until it cooks) inside should be pink but not raw. Serve immediately with each sauce, noodles on the side.

APPROXIMATE NUTRIENT VALUES PER SERVING
 100 CALORIES, 1/2 CUP CARBOHYDRATES, 1/2 CUP PROTEIN
 AND 1/2 CUP VITAMINS - 100% CARBOHYDRATES,
 100% PROTEIN, 100% VITAMINS



and modernism. The tropical fruits, Bayon and waxy beads of Madame Chardonnay add a refreshing bit to a rather textured dish.

CHILLED POACHED HARBOR
WITH CUCUMBER AND HUI

Abstract

[illegible]

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Warren and Chandler play off each other in the summary which, with images and line pace bringing out their threat both fish and whale may be prepared. I like an address. Because may be helped.

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- 2 Cucumbers, peeled, seeded and finely sliced (about 2 cups)
- 2 Tbsp. finely sliced red onion
- 2 Tbsp. chopped fresh mint
- ¼ jalapeño pepper, seeded and finely sliced
- 1 cup finely sliced watermelon
- 1 Tbsp. sugar
- 2 Tbsp. fresh lime juice
- 166 cup rice water-cucumber
- 166 cup rice



haddock

- 1. cut testis
- 2. egg white skin
- 3. small piece of salt fish
- 4. spring onions, sliced
- 5. top salt
- 6. 10 minutes, 10 minutes
- 7. Lemon wedges for garnish

1. Prepare the fish: Place all fish (eggs, dories, etc.) in a glass or ceramic bowl. Stir until well mixed. Cover and refrigerate until ready to serve.

2. Prepare the fish: In a large sauté pan with enough hot oil, place water, onion, 1 spring of the parsley and salt. Bring to a boil over high heat, then lower heat to medium and simmer. Add fish fillets, skin side up. Poach 5 minutes, uncovered. Remove pan from heat. Cover with lid and let sit another 5 minutes. Check to see if fish is cooked through. If not, replace lid and check again after 3 minutes. When fish is done, uncover lid. When fish is cool enough to handle, run a sharp knife under the edge of the skin and peel it off. Slide a spatula under the fillets in 3 min. and carefully flip them onto

a serving platter. Let cool to room temperature about 10 minutes. Cover loosely with plastic wrap and refrigerate at least 1 hour. 3. When ready to serve, arrange remaining 8 parsley sprigs around fish, along with lemon wedges. Serve haddock chilled, with cucumber slices on the side.

APPROXIMATE INDIVIDUAL VALUES PER SERVING
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Serving size: 100g (3.5 oz) (100g) (3.5 oz)
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EARLY LINE SWEDISH KÄRBOGS WITH PINEAPPLE

MOVES:
ACROSS THE SCHEMATIC
FISH, TIME: 1 HOUR, 30 MINUTES

Line and pineapple enhance the flavor of the swordfish in this grilled dish. Alternat-

ing chunks of fish, pineapple, and onion makes for a colorful presentation on each skewer. Serve over a bed of rice. Recipe may be halved.

Note: For an attractive garnish, saw the top of the pineapple and place on the serving platter.

- 1. cup chopped fresh leaves
- 2. cup olive oil
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1. Prepare the marinade: Place chunks of lemon juice and garlic, and salt in a food or an old processor. Blend until well mixed. Then pour into a large, resealable plastic bag. 2. Add swordfish, pineapple, and onion to the bag and mix until ingredients are well



cooked (feel leg and integrate it into 1 hour but not more than 1 hour). If using breadcrumb crumbs, soak them in water.

3. Preheat grill to high heat. Thread ingredients onto 4 longer or 8 shorter skewers, alternating fish, pineapple and onion and being careful not to crowd ingredients. Thread remaining tomatoes and any loose pieces of onion that don't fit on skewers.

4. Place skewers on grill. Close grill and cook 3 to 4 minutes. Turn skewers and cook another 3 to 4 minutes until fish is opaque and cooked through. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 200 CALORIES (50 CARBOHYDRATE, 100 PROTEIN, 100 FAT) 10 MINUTE MEAL CONSIDERED, EATING KNOWLEDGE

 **WINE RECOMMENDATION:** Lightly sweet Rhine Riesling. Refreshing patterns will suit this seafood and fruit combination.

FLounder FILLETS WITH PARSLEY-CAPER SAUCE

SERVES 4
ACTIVE TIME: 45 MINUTES
TOTAL TIME: 45 MINUTES

Flounder fillets cook in almost no time, so have all the ingredients lined up and ready to go. A few capers give a tangy twist to accentuate the texture. Serve with steamed greens, beans and egg to absorb extra sauce.

- 1 lb. flounder fillets
- 1 cup all-purpose flour
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 1 tsp paprika

COOKING TIP

When choosing fish, look for 1 to 1 1/2 inch thick fillets that's about 1 inch to 1 1/2 inch for overall width. A cooking order that'll need to keep cold until about 1 hour to start. It is important to keep cold for 1 hour and don't leave to dry out. If you keep the fish in a plastic bag, it will keep for 1 hour.



FLounder FILLETS with PARSLEY-CAPER SAUCE

- 4. top olive oil plus more if needed
- 1. shallow heavily chopped
- 1/2 cup white wine
- 1/2 cup fresh lemon juice
- 1/2 cup water
- 1. Top fillets with salt
- 1. top capers
- 1/2 cup chopped fresh parsley
- 1. Top remaining butter

1. Remove fillets and put skin in a shallow bowl. Sprinkle with salt, pepper and paprika. Sprinkle each fillet in the remaining flour and coat on both sides.

2. In an extra-large nonstick skillet, heat 2 cups of the olive oil over medium-high heat. Add half the fillets and cook for 3 to 4 minutes per side, or until cooked through. Using a spatula, place fillets on a plate and turn with foil. Add remaining 2 cups oil to pan and cook remaining fillets until cooked through. Place them fillets on the plate as well. Oil skillet is now crowded; cook in three batches, using 2 additional cups oil.

3. Add shallot to the pan. Cook over medium-high heat, stirring, until it begins to brown. 2 to 3 minutes. Deglaze the pan

with white wine, making sure to scrape up any bits on the pan using a wooden spoon. Simmer over medium-high heat until the liquid reduces to about 1/2 cup. 2 to 3 minutes. Add lemon juice, water, and mustard. Bring to a boil. Reduce heat to medium and add capers. Simmer until sauce thickens slightly. 3 to 4 minutes. Add parsley and cook 1 minute. Stir in butter and continue cooking, just until it melts. Divide fillets among individual plates and spoon 2 Tbsp. sauce over each, serving 3 Tbsp. remaining sauce in a small pitcher on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 200 CALORIES (50 CARBOHYDRATE, 100 PROTEIN, 100 FAT) 10 MINUTE MEAL CONSIDERED, EATING KNOWLEDGE

 **WINE RECOMMENDATION:** To add a bright burst of citrus to the flounder, try it with a glass of New Zealand Sauvignon Blanc from New Zealand.

Clare Silverman is the author of The Bottoms-Up Table and co-author of The New England Soup Factory Cookbook.



A versatile favorite, corn is at
its flavorful best in summer

HOW sweet IT IS

BY LARINE PERRI PHOTOGRAPHS BY KELLER + KELLER



The arrival of summer corn is the produce world's equivalent of Christmas — a highly anticipated, fragrant, a bounty of wrapped treasures and the promise of delights. Free enjoy that day to mid-July starts when 7-year-old Alex Szymanski and her 11-year-old brother Alex, whose father, Dan Szymanski, is a corn farmer in Northumberland, Mass. The corn Szymanskis handpicks is the produce lover's answer-on-Pennsylvania's shelves to sweet

Szymanski corn is a family legacy established in 1925 by his grandfather who emigrated from Poland. Though the farm is small — with just 15 acres devoted to corn (peppers and potatoes also earn a share on 60 acres each), the corn is some of the best to be found in New England. Szymanski has been elevating his beautiful sweet crop to Harvested for the past five years. The greens are varieties — with intriguing names like 'Vitality' and 'Kismet.' But a creamy, corn-on-the-cob called 'Pennsylvania' makes up 75 percent of the crop. This variety says Szymanski, is "the essence of what summer corn should be."

For the texture of fresh corn, Szymanski says it best to avoid the temptation to pop back the husk. Instead, focus on the ears-and-which should be moist and the overall color — bright green husks and light-colored silks are good predictors of freshness. And Szymanski offers a hint: "I wish that corn was as obvious as it sounds. 'Fresh corn smells like corn.'"

Like other farmers, Samsenwold is encouraged by the movement toward locally grown food. "People have come to really appreciate local quality," he says. "When fruit and vegetables are shipped to the East Coast from California, what a labored journey it takes, how many hours and days earlier. People can do better. And they taste the difference."

People love rubens all kinds of cuisines — from breakfast pastiches and muffins to a lunchtime salad. Here's a trio of recipes to help you celebrate the bounty.

STILL WITH COLLEGE BOSS CALLS

Figure 1

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birds and some common disease, and here the rain is most gentle than the past. Shows of tender willows are topped with a cornucopia of flowers with the flowers of the season.

Table 1

1990s. The authors also suggest that the use of the term "cognitive" is not appropriate in this context, as it implies a level of complexity and abstraction that is not necessarily present in the data. Instead, they propose the use of the term "information" to describe the data, as it is more concrete and measurable. This paper is a valuable contribution to the field of information science, as it provides a clear and concise overview of the current state of the field and identifies areas for future research.

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- Tip 1:** Because a large part of everything we buy is almost half discounts (for example, we don't add 10% but subtract 10% from the original price), the better strategy is to first add the price and then subtract the tax. The same will be ready to use in an automatic calculator, entered just as 100-10.
- Tip 2:** Remove the price tag before leaving your car. One of the common ways for getting pulled over is because the owner left the site, and the car has broken down or will use excessive high fuel. It is 10 minutes for finding the car, and it is a long time and negatively observed.
- Tip 3:** McClelland's law of statistics of cost of a thing, say high power for 2 minutes, and cost a few minutes, I think it costs less and more.



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Abstract

- 4) large air conditioned fresh cars
- 2) large rollercoasters all
- 16) one-chopped beefy bowl
- 3) large french fries
- 8) large white wine vinegar
- 1) olive paste
- 16) hot sauce
- 16) hot mother salt
- 16) hot healthy ground black pepper
- 16) one-chopped beefy bowl
- 16) one-chopped beefy bowl
- 3) fresh chicken wings
- 2) one-chopped beefy bowl

1. Push the grill to medium-high. Remove steak from refrigerator to make it at the grill.
2. Prepare salad. Peel sweet beans from the can, leaving just a couple of water layers. Cover by pulling the remaining beans down against it to utilize them. Pull the beans inside up. Grill them over medium-high heat for 10 minutes, moving every few minutes and crisp-tender and lightly charred. Let cool.
3. Combine oil, basil, lime juice, vinegar, garlic, sugar, salt, and pepper in a blender or food processor until blended and smooth.
4. Cut, core, and trim the water should be about 1/2 cup and combine with tomatoes.

regions and profiles in a serving bowl. There are the bowl base material and size greatly to consider.

4. Prepare slabs (break both sides with oil, then sprinkle with salt with care) and prepare. Cook over medium-high heat 4 to 5 minutes per side. For maximum taste, do not cooked to desired doneness. Instead cook to a rating below firm with fat and let sit 10 minutes. Slice steak into about two-thirds slices measuring 1/2 inch and divide slices among four plates.

5. Place 1/2 cup baby tomatoes on each plate next to steak and top with 1/2 cup corn-cornmeal. Garnish salad with a sliced onion (the size

APPROXIMATE BUT NOT EXACT VALUES FOR MONOMER
+ POLYMER AND CARBOHYDRATE + PROTEIN
AND THE POLYMERIZATION WITH CHOLESTEROL.
POLYMERIZATION OF MONOMER



most successful: They don't begin to
perfect search to find their
with an immediate change.

FRESH CORN AND CREAM

Keywords: child sexual abuse; disclosure; social support; self-esteem

THE UNIVERSITY OF CHICAGO PRESS

corn and cook until each of the tender as quesadillas flavored with cheese, butter and a hint of smoky cream. The avocado top gives cream together in a flash.

Guacamole

- 1 cup fresh corn kernels (cut from 1½ ears)
- 1 cup (2 oz) Monterey Jack (sharpness) cheese, cheese, salted
- 2 tsp. fresh lime juice
- 1 tsp. kosher salt
- 1½ tsp. ground onion
- 1½ tsp. freshly ground black pepper or cayenne
- 1 cup finely chopped scallions
- 1 Tbsp. minced fresh cilantro or packed
- 1½ tsp. fresh lime juice
- 1 tsp. fresh lime juice
- 1 cup (2 oz) shredded Monterey Jack cheese
- 1 tsp. olive oil

Avocado Crema

- 2 Tbsp. plain neutral Greek-style (strainable) yogurt (about 4 oz)
- 1 Tbsp. minced fresh cilantro
- 2 tsp. fresh lime juice
- 1 tsp. kosher salt, or to taste
- 1 ripe avocado, sliced
- 1 Preheat oven to 425°F. Spray a baking sheet with vegetable cooking spray.
- 2 Prepare quesadillas. In a medium-size sauce pan, bring 3 cups water to a boil over high heat. Add corn to boiling water and cook for 1 minute past to blanch. Drain

DRESS UP YOUR CORN

Flavored butters add a juicy touch to corn on the cob that is more delicious than a sugary (or stick) softened unsalted butter. Add any of the suggested additions.

- **Cumin-Lime.** Add ½ cup of half olive oil, ¼ tsp. ground cumin, and a pinch freshly ground black pepper.
- **Smoky Parmesan.** Add 2 Tbsp. chopped fresh basil and 2 Tbsp. freshly grated Parmesan cheese.
- **Cheese-Topping.** Add 1 finely minced garlic clove and 1½ tsp. minced fresh thyme or ½ tsp. dried thyme.

corn with cold smelted olive oil.

- 3 Combine corn, cheese with lime juice, salt, cumin, and pepper in a medium-size bowl. Stir to combine. Arrange and corn then gently fold in the buttercream. (May be prepared up to one day in advance and stored, refrigerated, in an airtight container.)
- 4 Place one tortilla on a work surface and spread ½ of the corn and smelted cream over one half. Sprinkle 1 Tbsp. of the Monterey Jack cheese over the top. Fold the other half of the tortilla over the filling, press firmly and transfer quesadilla to the prepared baking sheet. Repeat with remaining tortillas and filling. Brush top of each quesadilla with ½ cup of the oil and bake on top oven rack 10 minutes, until lightly golden.
- 5 While quesadillas are baking, prepare avocado crema. Stir together yogurt, cilantro, lime juice, and salt in a small bowl. Gently fold in avocado.
- 6 When they are done baking, cut each quesadilla into four wedges and serve warm with a dollop of avocado crema.

This updated version of a traditional summer favorite is great with a simple roast chicken or barbecued pork chops, or as a food for grilled fish. Recipe may be halved.

- 1 Tbsp. unsalted butter
- 1 cup minced shallots or sweet onion
- 1 tsp. minced garlic
- 2 cups fresh corn on the cob (cut from 3 to 4 ears)
- 1 cup frozen shelled edamame, thawed
- 1 tsp. kosher salt
- 1½ tsp. freshly ground black pepper
- ½ cup heavy cream
- 2 Tbsp. minced fresh dill
- 1 tsp. minced fresh thyme or ½ tsp. dried
- 3 In a large sauté pan, melt butter over medium-low heat. Add shallots, or onion and sauté until tender, about 2 to 3 minutes. Add garlic and sauté 1 minute more.
- 4 Add corn, stir to coat in oil and sauté 1 minute, or until crisp-tender. Add edamame, onion, salt and pepper and cook 2 minutes to heat through. Stir in cream and let simmer 3 minutes.
- 5 Stir in dill and thyme. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
410 CALORIES, 20G CARBOHYDRATES, 15G PROTEIN
15G FAT (10G SATURATED, 5G MONO-SATURATED,
0.5G TRANS), 100 MG SODIUM



• **Use cornmeal or.** Topped with Cheddar cheese with its magic and great texture is a delicious complement.

FRESH CORN AND EDAMAME SUCROFASH

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 35 MINUTES

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
310 CALORIES, 15G CARBOHYDRATES, 10G PROTEIN
15G FAT (10G SATURATED, 5G MONO-SATURATED,
0.5G TRANS), 100 MG SODIUM



• **Use cornmeal or.** Topped with the tangy lime and grapefruit slices of Dandelion Seed Sauvignon Blanc.

London Fern is a New York City-based food writer and producer. You can find her at www.londonfern.com.



enjoy delicious chevre and
extra-fatche made locally

farm fresh dairy



When two Vermonters launched the Vermont Butter & Cheese Company some 25 years ago, they had little more than a good idea and high hopes. Alison Hooper had learned the art of cheesemaking while working on a dairy farm in

Breuzey, France, during college. Bob Reese, then marketing director for the Vermont Department of Agriculture, was looking for a good domestic goat cheese, or chevre, to serve at a dinner he was organizing. Hooper made the cheese, it was a big hit, and the two decided to join forces. They set up a creamery operation to turn milk from local farms into heavenly cheese, butter, and other dairy products.

Hartland has been carrying the company's fresh goat cheese logs since the late 1980s, and added extra-fatche a few years ago. "Hartland was one of our first customers, when we used to bottle goats' milk and deliver it directly to the stores," Reese recalls. "My experience with Hartland has always been very positive. They buy directly from a lot of farms."

by Lisa M. Gaudin, photographs by Lisa M. Gaudin



2. In a large heavy sautépan, melt butter over medium heat. Whisk in flour. Cook, whisking, 1 to 2 minutes or until mixture is just golden. In a slow stream, whisk in milk. Reduce to a medium bubble gently, and cook, whisking, about 2 minutes or until thickened enough to coat the back of a spoon. Remove pan from heat.

3. Crumble 1½ log-past cheese and add to milk mixture, stirring and breaking up any clumps and cheese curls. Stir in olives, salt, and pepper. Whisk in egg yolk. Crumble remaining ½ log-past cheese into small clumps and stir gently into mixture, allowing clumps to remain whole.

4. In a large bowl, use an electric mixer on medium-high to beat egg whites until they form stiff and glossy. Fold ½ of whites into yolk mixture to lighten it. Stir gently fold in remaining whites. Divide mixture among six ovens. Sprinkle tops with Parmesan, if desired.

5. Bake soufflés until puffed and golden, about 18 minutes. Soufflés may deflate once they're out of the oven, but will still taste delicious. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
120 CALORIES, 50 CARBOHYDRATES, 120 PROTEIN,
10 TOTAL SODIUM/CHOLESTEROL, 10% TOTAL FAT,
10% TOTAL SUGAR.



WINE RECOMMENDATION: Houston Cablot
White Bordeaux pairs well with this soufflé.

CHEESE-STUFFED CHICKEN BREASTS

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 40 MINUTES

Creating a "pocket" in chicken breasts makes them easy to stuff with filling.

1. Preheat oven to 375°F. Spray a 9-by-13-inch pan with vegetable cooking spray. Using a fork, pierce together past cheese, sautéed tomatoes, garlic, and pepper in a small bowl.
2. Make a pocket in each chicken breast by cutting a 3-inch-long horizontal slit into the smooth part of the breast on the thicker side. Make slit about 1½ inches deep, making sure not to cut through opposite side or bottom of the breast. Fill past cheese mixture into pockets. Use a toothpick, inserted diagonally, to secure the pocket.
3. In a large sautéable skillet, heat oil on medium-high. Sprinkle chicken with salt. Place stuffed chicken breasts in skillet with the smooth, rounded side down. Cook 5 minutes or until bottoms are golden. Be sure chicken is browned on past and place inserted side up in prepared baking pan. Bake in 375°F for 14 to 16 minutes or until chicken is cooked through or reaches a 177°F



CHEESE-STUFFED CHICKEN BREASTS

16. Top olive oil.

17. Top with salt.

FILL IT YOUR CHEESE

The easiest way to crumble fresh goat cheese is to place it in the freezer for about an hour to firm before crumbling it into small bits. Then sprinkle on salads or soups, or add to burgers.

on an instant-read thermometer. Remove toothpicks, slice and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
250 CALORIES, 10 CARBOHYDRATES, 40% PROTEIN,
10% FAT, 10% SODIUM/CHOLESTEROL, 10% TOTAL FAT,
10% TOTAL SUGAR.



WINE RECOMMENDATION: Dallas Family
Virginia Sonoma Reserve Chardonnay complements the dish's

Low Down is the author of *Christmas Cooks* and *50 Recipes to Treasure for the Holiday Season*.

local
zucchini
at its best

BY ADAMANT
PROTEST - AND BY MANIFESTO

t O HAWAIIANO SHOPPERS IN CENTRAL HONOLULU, it's like Paul Giamatti in *Mr. Jeckles*. He mopes, breathes in his stomach, and facial spasm throughout the summer drought. "It's a lifelong thing," Giamatti, 39, pining as a detective, but nearly 10 years ago he turned to vegetable and herb sales here in Schumacher Hill produce not just because drought had also gone, but because "tomatoes, leafy greens, cabbage, chives, garlic, mushrooms, spinach, sweet corn... [those] just go right to the heart," he says. "And after the period of drought, it's like, 'Oh my gosh, what was I ever thinking?'" Giamatti plants his tomatoes, Giamatti plants a lot of the tomatoes, explains. "They come late, they're summer long," he says. "Most of the other stuff, it's already mature. That's not [his] thing."

Every business Giamatti's (and produce buyers' 20 and 20 tons of growth, which he lands three seasons ago, says, and shipping, just freshness is prime amount, so Giamatti is dilated about shipping his seasonal—and all his—vegetables—either the day they're picked or the next day. Since the vegetable harvest mostly flows to his store, Macdonald shoppers are compared with shoppers in sections in Hawaii.

Crestani admits that he's not going to work as he does, either directly with athletes, either together with him as an official, as was tried with Agli. "That's the way my mother found herself when I was a boy," he says. The most typical, he then go on small to medium-sized, weighted by adding to it various aspects. "Landscape" are some of the difficulties and feature.



ZUCCHINI RIBBON SALAD

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 20 MIN

Drain this salad just before serving, because zucchini is sensitive to much moisture; the salad is best served right after making it. This recipe may be halved.

- 4 small to medium zucchini
- 1/4 cup salt, drained
- 1/4 cup walnuts
- 1/4 cup white wine vinegar
- 1/4 cup fresh lemon juice
- 1 medium shallot, finely chopped
- 1 anchovy, minced to a paste (optional)
- 1/4 cup freshly ground black pepper, or to taste
- 2 Tbsp. walnut oil (optional with other oils)
- 1 cup shaved Parmesan
- 1 Tbsp. finely chopped fresh parsley

1. Trim ends from each zucchini. Working one at a time, hold zucchini firmly on work surface and, using a vegetable peeler, shave long, thin, wide long ribbons, about 1/4 cup zucchini as necessary to ease shoving downward any scraps. Place ribbons (you'll have about 1 1/2 cups) in a colander set over a bowl; sprinkle with 1/4 cup salt, toss to mix, and allow zucchini to drain for about 45 minutes in a strainer or colander about 1/4 to 1/2 cup liquid. Discard zucchini water; cold-running water, drain well, and dry gently with paper towels.

2. While zucchini is draining, heat walnuts. Heat a small skillet on medium-low. Add nuts and stir frequently with a wooden spoon until toasted, about 5 minutes. Watch carefully so they do not burn. Remove from heat, chop coarsely and set aside.

3. In a large, nonreactive serving bowl, mix vinegar, lemon juice, shallot, anchovy (if using), remaining 1/4 cup salt and pepper. Whisk in walnut oil and nutshavings. Add zucchini, walnuts, Parmesan, and parsley and mix gently in mix. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 104 CALORIES, 10% CALORIES FROM FAT, 10% PROTEIN,
 50% CARB, 10% FIBER, 10% SUGAR, 10% SODIUM,
 10% FAT, 10% SUGAR, 10% SODIUM



1. **ACTIVE TIME:** 20 MINUTES
TOTAL TIME: 20 MIN

ZUCCHINI STUFFED WITH MINTED RICE AND LAMB

SERVES 4
 ACTIVE TIME: 30 MINUTES
 TOTAL TIME: 30 MINUTES

Partially cooking the empty zucchini shells before filling them improves taste of the mixture. This recipe may be halved.

- 4 zucchini (a large one is 1 1/2 to 2 lbs)
- 1/4 cup white wine vinegar
- 1/4 cup fresh ground black pepper, drained
- 1/4 cup salt, drained
- 1/4 cup white wine vinegar
- 1/4 cup olive oil
- 1/4 cup ground cinnamon
- 1/4 cup ground lamb
- 1/4 cup long-grain white rice
- 2 medium tomatoes, seeded, drained and chopped, or 1 (14.5-oz.) can diced tomatoes, drained
- 1/4 cup water
- 1/4 cup dried-out rice
- 1/4 cup fresh lemon juice
- 2 Tbsp. olive oil
- 1/4 cup chopped fresh parsley
- 1/4 cup finely chopped fresh mint

1. Adjust oven rack to center position and preheat oven to 425°F. Spray a baking sheet with a vegetable cooking spray.

2. Halve each zucchini lengthwise. Scoop out (and reserve) most of the flesh with a spoon, leaving sides of shells about 1/4 inch thick. Boil zucchini in shells with 1 Tbsp. olive oil and vegetable spray with 1 cup salt for 10 minutes. Place zucchini shells cut side down on baking sheet and roast until they are slightly softened and have given up some of their moisture, about 10 minutes. Boil one more or shells can get soggy. Turn zucchini shells over on baking sheet, and set aside.

3. While shells roast, chop reserved zucchini flesh into roughly 1/2-inch pieces. In a large nonstick skillet, heat 1/4 cup of the oil on high. Add chopped zucchini and 1/4 cup of the salt and cook, stirring frequently until a just begins to sizzle, about 5 minutes. Remove zucchini to a paper towel-lined plate and set aside. Add remaining 1/4 cup oil to skillet and heat on medium-high. Add onion and cook, stirring frequently until soft and translucent, about 5 minutes. Add garlic and cinnamon and cook, stirring constantly until fragrant, about 40 seconds.

4. Add lamb and cook, stirring and breaking up the clumps, until the meat loses its raw color, about 2 minutes. Add rice and cook, stirring constantly for about 1 minute. Add tomatoes, remaining 1/4 cup salt and water and bring to a simmer. Cover skillet and reduce heat to low.

Amazing Grains

With a range of tastes and textures, these nutrient-rich staples enhance any dish

BY KUTTY BACHES, MS, RD PHOTOGRAPHS BY PHILIPPE LEBLANC



Grain and good health go hand in hand — our ancestors were thriving on grains for thousands of years before studies found that eating whole grains can reduce risk for heart disease and diabetes (and improve insulin sensitivity), help build weight, gain and protect against stroke and some types of cancer. These tiny cereals pack a wallop of nutritional benefits.

A grain is the seed of a grass that's grown for food: corn, wheat, barley and rice all qualify. Grains come in all shapes, sizes

and colors, but all have a three-part structure. The tough exterior layer is called the *outercoat*, and in the very center is the *germ*, which is rich in nutrients. In refined whole grains, outside all three parts. When grains are processed (or refined), the bran and germ are removed.

Grains and Health

With more nutrients and fiber than their more processed counterparts, whole grains help refined grains handle down when it

comes to nutrients. Highly processed white flour and rice are the least nutritious, but some grains that have a level of refinement, such as bulgur or puffed barley, offer plenty of nutrients, plus they taste great. Nutrients in grains include energy giving carbohydrates, a good dose of fiber, a bevy of vitamins and minerals, and a variety of health-enhancing phytochemicals.

Our menu includes a wide variety of grains. Check the bulk bins: Kamut® (Khorasan wheat) and the International, Canada, and Viking seeds for different grains and flours. Popular grains include the following.

Barley: Puffed barley is the most commonly available form of this grain. It's processed — the outer hull and husk are removed — but it's still fiber rich and good for you.

Bulgur: Both bulgur and cracked wheat are made from coarsely ground wheat berries, edible kernels of wheat. Bulgur is then parboiled — cooked partially — and dried.

Oats: A darling of those who are watching their cholesterol levels, oats are available in a variety of forms. Quick-cooking and old-fashioned styles are refined flax, and both cook in under 10 minutes. Long-cooking steel-cut or Irish oats are cut whole grains.

Quinoa: Though not technically a grain, it's next in the grain family. Quinoa (pronounced "keen-wah") is a seed commonly grouped with grains. It's an ancient food that has the distinction of being the only "grain" that's a complete protein, and it cooks quickly.

Rice: Brown rice is a whole grain, while rice is not. Brown rice bran white is 8 minutes, several minutes, and then in less than 10 minutes that of white rice. Processed microwave ready, shelf-stable brown rice

and quick-cooking brown rice are both nutritious.

"We often incorporate light and tasty main meal dishes highlighting grains that can give you a pit of healthy eating. Try them and see just how easy it is to include grains in your meals every day."

TABBULEH

SERVES 8

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 2 HOURS 15 MINUTES

This Middle Eastern vegetarian salad features bright, fresh flavors and uses bulgur. Sprouting, as you may, tabbouleh also makes a nice side dish for grilled steaks. The salad keeps well in the refrigerator for up to three days, and is easily halved as desired.

- 1½ cups bulgur
- 1 cup fresh lemon juice
- 2 Tbsp. "table oil" (olive oil)
- 1 Tsp. salt
- 1 cup tomato

GREAT GRAINS AT EVERY MEAL

- Try quinoa for breakfast — treat barley, bulgur or brown rice as you would oatmeal or other hot cereals. Mix with raisins, cinnamon, and a little milk.
- Sprinkle quick-cooking varieties of grains, like barley or brown rice, to reduce-cooking times. Mix in your frozen or leftover supplies toward the end of the cooking time for an easy side dish.
- Make meal bowls, sandwiches, or burgers with leftover cooked grains (see listed below) or let of crumbs. The grain is an economical meat "substitute" and also adds moisture and texture.

- 1 cucumber
- ½ cup finely chopped red onion or scallions
- ½ cup chopped parsley leaves
- ½ cup chopped fresh mint leaves

1. Stir together bulgur, water, bulgar, lemon juice, oil, and salt in a large mixing bowl. Cover with plastic wrap and let stand in at room temperature for 1 hour while you prepare remaining ingredients.

2. Chop tomato into ½ inch pieces and place in a medium bowl. Then cut off cucumber and discard. Quarter cucumber lengthwise. Remove seeds using a teaspoon, and discard. Slice cucumber quarters into ½-inch pieces and add to tomatoes. Add onion, parsley, and mint leaves and mix gently.

3. After bulgur has soaked 1 hour, add the

chopped vegetable mixture and mix well. Cover with plastic wrap and refrigerate for at least 1 hour before serving, to allow flavors to develop. Serve chilled.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (SUGGESTED 1½ CUP SERVING SIZE): 150 CALORIES, 15g CARBS, 10g PROTS, 1g FAT (0g SATURATED), 0mg CHOL, 100mg SODIUM.

QUINOA, BLACK BEAN, AND SMOKED TURKEY SALAD

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR 15 MINUTES

This hearty salad is loaded with protein from the turkey, beans, and quinoa (which contains all eight essential amino acids, making it a complete protein). This recipe keeps nicely in the refrigerator for up to three days. (Bacon may be halved for a vegetarian version, omit the turkey.)

Salad

- 1½ cups quinoa, rinsed and drained
- 2½ cups water
- 1 1½-inch thick smoked smoked turkey (8 oz.)
- 1 (15 oz.) can smallest black beans, rinsed and drained
- 1 cup halved grape tomatoes
- 1 cup fresh or frozen corn
- 1 package or yellow bell pepper, chopped
- ½ cup finely sliced scallions
- 1 (5 oz.) jar of Pesto (see recipe for optional)

Dressing

- ½ cup fresh lime juice
- 1 Tsp. and/or more olive oil



FOR YOUR HEALTH

- ½ tsp. instantized Taco Cheese Pak®
- ½ tsp. garlic powder

1. Combine quinoa and water in a medium, nonstick, oven-batch bowl and bring to a boil. Boil for 5 minutes, then turn off heat, cover, and let quinoa sit 30 minutes, or until it has absorbed the water.

2. Meanwhile, prepare the rest of the salad. Cut cooked barley into ½-inch cubes and place in a large mixing bowl. Add fresh beans, tomatoes, corn, bell pepper and scallions, and mix.

3. Prepare the dressing. In a small bowl, stir together dressing ingredients. Pour dressing over vegetables, then add quinoa and mix to coat all ingredients. Refrigerate salad in a bowl 1 hour to allow flavors to develop. Serve chilled, on a bed of spring mix greens, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 170 CALORIES, 45.0 CARBOHYDRATE, 18.0 PROTEIN, 17.0mg (33.0%) SODIUM, 1.0mg CHOLESTEROL, 10.0mg FIBER, 10.0mg

BBO BARLEY-CHICKEN BURGERS

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 40 MINUTES

The cooked barley in these easy burgers gives them great texture and adds moisture. (Technically, cooked barley is not a whole grain [unlike bulgur-baked barley]) since it has evolved five to six "growings" or plantings, which means not only the outer hull but also the inner layer. Still, it's worth using, because snap for snap cooked



barley contains nearly twice the total dietary fiber of cooked brown rice, as well as more healthy soluble fiber. Recipe may be frozen.

- ½** cup water
- 1** cup-cooked barley
- 1** lb. ground chicken
- 2** Tbsp. finely chopped onion
- 1** Tbsp. barbecue sauce
- ¼** tsp. crushed or regular paprika (found in the Spice aisle)
- 1** tsp. dry-roast basil
- ½** tsp. garlic powder
- 2** tsp. olive oil, divided
- 4** hamburger buns or whole wheat English muffins

Optional toppings: onion, lettuce, mustard, barbecue sauce, tomato, sliced tomatoes

1. In a medium nonstick, bring water to a boil over high heat. Add barley, stir, then reduce heat, cover, and simmer for 35 minutes. Turn water off, absorb and barley is tender. Remove from heat. Transfer barley to a large mixing bowl and let cool 10 minutes.

2. Preheat grill to medium. Add chicken

onion, barbecue sauce, paprika, cayenne (if using), and garlic powder to barley. Mix thoroughly with clean hands, then form mixture into six equal-size patties and place on a plate. May be prepared up to this point 1 day in advance, covered, and refrigerated.

3. Use a spray or barbecue brush to apply half the oil to one side of the burgers. Place burgers on grill, oil side down, and cook 5 minutes. Break tops of burgers with remaining oil. Flip burgers and cook an additional 4 to 5 minutes, until cooked through.

4. While burgers are cooking on second side, split hamburger buns or English muffins and toast on the grill 2 minutes. When burgers are ready, place on toasted buns or English muffins and serve immediately with toppings as desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 350 CALORIES, 45.0 CARBOHYDRATE, 25.0 PROTEIN, 10.0mg (20.0%) SODIUM, 1.0mg CHOLESTEROL, 10.0mg FIBER, 10.0mg

Katy Brooker MS, RD is a dietitian, writer and food and nutrition consultant in Smith Portland, Maine.

GET YOUR GRAINS

The challenge for whole grains is up strong. But the USDA recommends an outcome there is more "the same equivalent" of whole grains products to every day. A one-cup equivalent could be:

- ½ cup cooked grain pasta
- ½ cup oat cereal
- 1 cup whole grain cold cereal
- 1 slice of whole grain bread



Take It Off – Keep It Off

Whether you're trying to shed five pounds or 50, losing weight is challenging. Sure, there are lots of weight loss strategies out there promising that eating more protein, fewer carbs, or a mountain of cabbage is your key to successful dieting. But when it comes to real weight loss and management, counting calories is crucial.

Much as you think your cat catches food your body, the food you eat contains calories that provide fat and carbohydrates, and your body either burns those calories as a source of energy or stores them as fat. The equation is simple: If you are more active than you eat, you'll lose weight. But if you have more calories than you consume, you'll have to gain it!

To lose a pound of fat, you need to burn 3,500 calories more than you take in. So if you cut 500 calories a day from your typical diet, you would lose one pound per week. It may sound easy, but cutting calories can be difficult. In a world of fast food shakes and large portions, here are some tricks to that healthy

1. **Get realistic goals and don't get discouraged.** Even a 1 percent overall weight loss can have positive effects on your health.
2. **Create a meal plan that includes three meals and two snacks.** Skipping meals leads to feeling starved and can cancel you out for constant sugaring for the day.
3. **Keep a food journal.** Research shows that those found that more than say all but a few things. Keeping a food journal can help you lose weight and maintain that weight loss. Keep 1 inch of every bit of food you eat, and at the end of each day calculate how many calories you've consumed. If you're over your goal on one day, cut back the next day.

4. **Choose lower-calorie foods.** Eating more fruits and veggies is a great way to eat more fat-free instead of that afternoon bag of chips. Have a juicy apple. Instead of an entire helping of meat, add some extra veggie to your dinner plate. Pay it less weight and keep goals!

5. **Measure what you eat.** For one month, measure the amount of everything that your morning bowl of cereal to that afternoon bowl of ice cream. There are eat directly out of a container. The amount you eat decreases to make sure you eat the only one serving. You may find that those things you have each day with lunch are actually two servings instead of one.
6. **Exercise!** It will help you feel good, and achieve healthy weight loss by burning additional calories.

For help in your battle against the bulge, call 1-800-4-A-HEALTHIER or email with one of our many diet plan consultations. To find a place that does real fitness, call us. We'll be there to help you!

Sensational Summer Desserts

Fruity favorites are perfect with Taste of Inspirations® syrups and spreads

BY KELLY REYNOLDS PHOTOGRAPHY BY JENNIFER HARRIS

The abundance of fresh-picked fruit available in July and August makes summer a wonderful time for fruity desserts. Light, refreshing, sweet, and tangy these desserts are the perfect finish to a meal. Combine fresh summer fruit with our line of Inspirations products, and you'll end up with some stellar treats.

For one like the first Lookie of Lookie Blueberry Farm at Center Farmstead, it's a happy homefield with the freshest possible fruit during the harvest season. Lookie has been harvesting blueberries for homefield acres on central New Hampshire since 2005. He cultivates 12 acres of bushes that he and his wife planted 30 years ago. Last year he delivered about 100,000 pounds of his berries directly to homefield acres. Lookie's blueberries are picked by hand and taken to the entire season — from mid-July to mid-September — as do we.

Lookie favors blueberry dessert, so blueberry pie with vanilla ice cream (try our homemade ice cream on page 140). Another way to enjoy the juicy berries is in our New England take on upside down cake enhanced with Inspirations Blueberry Syrup. Blueberries are great with chocolate too — see recipe on page 28.

Summer also brings strawberries, raspberries, blackberries, cherries, peaches, plums, and more. These juicy-symmetrical wonders and warm weather are so wonderful by themselves, but they're also delicious in pies, cakes, and other desserts.

Peach Melba Gâteau says of summer and Strawberry Popsicles: Chocolate brownies just might be the ultimate summer chocolate dessert, especially when garnished with fresh strawberries. Try



these warm weather treats, and use them to inspire your own sweet creations.

PEACH MELBA GÂTEAU

SERVES 8

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 30 MINUTES

Buttery puff pastry complements tangy peaches and a rich raspberry glaze. The optional caramel topping gives this country tart an added depth of flavor.

- 1 sheet frozen puff pastry dough, thawed
 - 1 medium peach, peeled, pitted, and cut into 1-inch pieces (or 1 1/2 cups frozen sliced peaches) 1004400
 - 1 egg, beaten
 - 1 cup Inspirations Blue Raspberry Fruit Syrup
 - 2 Tbsp. caramel topping (optional)
- Whipped cream or vanilla ice cream for garnish (optional)

1. Preheat oven to 400°F.
2. On a lightly floured surface, roll out puff pastry dough into a rectangle.

INSPIRATIONS

or until a toothpick comes out clean and the surface is golden. Cool pan on a wire rack for 10 minutes, then place a large plate over the pan and invert onto an InSpirations™ pan on top. Let cool another 10 minutes or so, and the cake is ready but not screaming hot. Cut into wedges, and serve warm or at room temperature, topped with a dollop of whipped cream, if desired.

APPROXIMATE NUTRITIONAL VALUES FOR SERVINGS: 584 CALORIES, 25G CARBOHYDRATE, 40g PROTEIN, 10G FAT AND SATURATED FAT, 100mg CHOLESTEROL, 100G SODIUM, 16g FIBER



our sweetest Tyler Fox will kick a sparkling wine, such as Prosecco Spumante.

STRAWBERRY POMEGRANATE CHEESECAKE BROWNIES (MAKES 16)

ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR, 15 MINUTES

These brownies are great warm out of the oven or at room temperature. For true InSpirations™ serve drizzled with warm, Inspirations™ Decadent Chocolate Topping. Recipe may be frozen.



- 1/2 cup (1 stick) unsalted butter, cut into chunks
- 1/2 qt. unsweetened chocolate, coarsely chopped
- 2 1/2 cups sugar, divided
- 2 eggs
- 1 tsp. vanilla extract
- 1/2 cup light purple flour
- 1/2 cup salt
- 1 cup Inspirations™ Strawberry Pomegranate Frost Spread
- 1/2 cup cream cheese (8 oz. or package), at room temperature
- 1 egg yolk
- Inspirations™ Decadent Chocolate Topping (optional)
- Fresh strawberries for garnish (optional)

1 Preheat oven to 400°F. Spray a 9 in. square baking pan with vegetable cooking spray.

2 In a medium bowl, microwave butter and chocolate on high for 1 minute. Stir and microwave for 30 seconds more, or until just melted. Stir until smooth, then pour into a large bowl and add 1 cup of the sugar, eggs, vanilla, flour, and salt. Using an electric mixer at a medium speed, beat mixture until smooth about 1 minute. Spread to prepared pan.

3 Beat strawberry pomegranate spread in small pan over medium-low heat, stirring or

continually until melted. 3 to 4 minutes for stovetop.

4 Beat out the mixing bowl and beaters, dry then add cream cheese, remaining 1 1/2 cup sugar, and egg yolk. Using an electric mixer on medium speed, beat until smooth, about 2 to 3 minutes. Dollop spoonfuls of the cream cheese mixture on top of brownie batter in the pan. Drop smaller spoonfuls of the melted strawberry pomegranate spread on top of the cream cheese dollops and run the tip of a knife to gently swirl cream cheese and jam making a marbled pattern. Be careful not to overmix into the brownie batter.

5 Bake at 400°F for 30 to 35 minutes, or until edges are slightly pulled and center is just set. A toothpick inserted in the center should come out clean.

6 Cool in pan for 10 minutes. Cut into 16 pieces and serve. If desired, for an elegant presentation, place brownie on a plate, drizzle with a spoonful of warmed Inspirations™ Decadent Chocolate Topping and garnish with strawberries.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (20 CALORIES): 125 CALORIES, 10G CARBOHYDRATE, 10G PROTEIN, 10G FAT, 100mg CHOLESTEROL, 100G SODIUM, 16g FIBER



our sweetest Tyler Fox will kick up the rich berry and chocolate flavors of this decadent dessert. ■

EASY INSPIRED DESERTS

Taste all Inspirations™ products and suspect how to use a lot of it in your next treat. Try these suggestions.

- **Strawberry Parfait:** Layer vanilla yogurt, fresh blueberries, and chopped InSpirations™ Strawberry Cheesecake Alternately in a tall glass.
- **Likable Raspberry Cheesecake:** Heat 1 cup InSpirations™ True Raspberry Frost Spread and 1 pint fresh raspberries. Ladle over slices of Inspirations™ White Chocolate Raspberry or Plain Cheesecake. Top with a few fresh slices White Chocolate Caramel Raspberry.
- **Brave Apple Pie'd Cake:** Top slices of InSpirations™ cake from the bakery with drizzle of Inspirations™ Strawberry Syrup and Inspirations™ Decadent Chocolate Topping. Garnish with fresh sliced strawberries.
- **Jam Goodies:** Bake the slices of white chocolate sugar cookie dough. When cool, spread half the cookies with InSpirations™ Strawberry Spread and top with remaining cookies.



STYLING: KATHY LANE
PHOTOGRAPHY: JEFFREY M. HARRIS

Rao's TO THE Rescue

Ready-to-use sauces from a renowned restaurant make easy meals that taste as if they took all day

By Kimberly Maynard
Photographs by Heidi Robbins



For more than a century, Rao's (pronounced ray-oh's) restaurant has been a New York City dining institution. Reservations at the 40-table eatery in East Harlem are difficult to come by — you might have better luck flying to the 200-seat Las Vegas satellite, Rao's Caesars Palace. Fortunately, for those who prefer not to travel so far (or wait so long) for dinner, we carry a full line of Rao's Homemade sauces, so you can enjoy a taste of the restaurant at home.



Grilled polenta is terrific with a meaty tomato sauce seasoned with olives and capers.



Great tomato sauce takes time to make — it's the slow simmering of tomatoes, onions and herbs that creates a delicious flavor. Once the sauce is ready you can use it for all kinds of dishes — on pasta, meats, seafood. But few of us know that one of today's sauces from scratch. Fortunately, with some good tomato sauce like Ruck's, you can have an easy dinner in the making, stored in your pantry.

The key ingredient that our make or learn a great tomato sauce is — surprise — tomatoes. Ruck's uses no help for them. Delia Crane, Senior Vice President, Sales and Marketing for Ruck's says, "We go each year to hand-select our tomatoes from San Marzano Italy. It's the rich volume, cool and sweet they're grown in this makes our tomatoes to taste and how to eat. We also source only the best and best of natural ingredients and we don't add sugar or salt or such as water, crushed tomatoes or tomato paste."

Crane acknowledges that Ruck's is a super premium product, which means it costs more than other pasta sauces. But sales have only increased since the company launched its flagship Marinara Sauce in 1993. "We pioneered premium pasta sauces," she says. "Nobody believed we could create homemade pasta sauce and market it." Today Crane estimates that Ruck's produces more than 4 million jars of sauce annually.

Hansford has been carrying Ruck's sauce for six years. "It's delightful to work with Hansford!" Crane says. "They look to have the best of the best, and they carry so many things — it's not like you have to stop at their different stores to get what you need."

The great thing about a jar of tomato sauce is its flexibility. It's the obvious choice for an easy meal, but tomato sauce is also a great base for a variety of quick meals using meats, vegetables and seafood. We get creative with four of Ruck's sauces. Anchovies, with heat from red and black pepper, adds zest to Spicy Eggplant Parmesan Pasta. Loaded Pasta bursts with flavor from the Southern Italian Pepper & Mushroom Sauce. Ruck's Homemade Baked Eggplant & Sauce Sauce is the best for Pasta with Angeli and Chicken, perfect for dining alfresco on a summer's night. And the capers, olives, and anchovies on Palmarosa Sauce give ground beef

a new dimension when paired with grilled polenta. With Ruck's in the pantry, it really is just minutes away from supper!

SPICY EGGPLANT PARMESAN PASTA

serves 4
as first, last, anytime,
today, that, in simply 5

What sauce to start at the store buying bread and eggplant cut into the summer heat? For this easy pasta dinner, thick slices of eggplant are grilled, chopped and tossed with a spicy tomato sauce. Serve with a green salad. Let's make sure you're the next day.

1. On the 17th of July, take a whole pepper, wash it, and cut it into 1/2 inch slices.

EASY MARINARA MEALS

All in on the shelf life of tomato is simple. Peel into a delicious dinner with minimal prep work. To these suggestions,

Pink it is Palmarosa: Peel 1 (24 oz.) jar Ruck's Homemade Palmarosa Sauce and 1 lb. Italian beef, bake at 325°F for 30 minutes. Serve with spaghetti and grated Parmesan cheese.

Grilling For Bowls: Toss 1 lb. cooked shrimp with 1 jar Ruck's Homemade Anchovy Sauce and serve with Angeli.

Black Peppercorn: Top sliced grilled steak with Ruck's Homemade Southern Italian Pepper & Mushroom Sauce.

Chicken Casserole: Brown 1 lb. turkey or lean-sausage. Chicken tenders in a large skillet. Add 1 (24 oz.) jar Ruck's Homemade Southern Italian Pepper & Mushroom Sauce, cover and simmer until chicken is cooked through.

Pasta Primavera: Mix 4 lb. bag of 1 lb. frozen mixed vegetables, 1/2 cup minced fresh parsley and 1 (24 oz.) jar Ruck's Homemade Marinara Sauce. Heat and ladle over Angeli.



GRILLED POLENTA WITH BEEF PUTTANESCA

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES

Prepared polenta serves best as a preprotein, so easy to grill, and tastes terrific with a meaty tomato sauce smothered with olives and capers. Serve with a fresh green salad or grilled summer squash. Recipe may be halved.

- 1 cup medium-fat ricotta cheese
- 1 tsp. freshly ground black pepper
- 1 (28-oz.) tube pre-cooked polenta
(labeled with yellow face heads or Roman specifications)
- 2 oz. (half a 4-oz. package) sliced pancetta
- 1 lb. 80/20 lean ground beef
- 2 cups Bar's Homemade Puttanesca Sauce
- 1 (12-oz.) bag, Nature's Place Baby Spinach

1. Preheat grill to a medium heat, mix ricotta with pepper. Set aside.
2. Slice polenta into 6 even slices. Lightly spray both sides of each slice with cooking spray.
3. Heat a large nonstick skillet on medium-high and add diced pancetta. Cook and stir until pancetta is sizzling about 2 minutes. Transfer pancetta to a plate and set aside. Drain any excess fat. Add ground beef to same skillet. Cook and stir until cooked through, 5 to 6 minutes. Drain any fat. Set in sauté. Remove beef to medium heat.
4. While ground beef is sizzling, grill polenta on each side until marked, 4 to 5 minutes per side.
5. To serve, divide spoon among four plates and top each serving with 2 slices polenta. Pour an equal amount of sauce (about 1 cup) over each serving of polenta, then top sauce with 2 tbsp. ricotta. Garnish each plate with craggy pancetta. Serve immediately.

GOOD AND HEALTHY

Tomato sauce is a great source of lycopene, a powerful antioxidant that may help prevent certain kinds of cancer.

Bar's Homemade sauces are made with better olive oil, a "bad fat" because of its monounsaturated and polyunsaturated fat profile.

Tomato sauce counts as a vegetable. A cup of tomato sauce offers the benefits of six servings of vegetables.

- 1 (24-oz.) jar Bar's Homemade Arrabbiata Sauce
- 1 eggplant (about 1½ lb.) peeled
- 1 lb. or 1½ lb. fresh mushrooms, cleaned and sliced
- 2 tsp. grated Parmesan cheese
- 2 tbsp. finely chopped parsley (optional)

1. Preheat grill to a high pot (bring 1 gallon water to a boil). Sprinkle on 4 tsp. salt, then add pasta and stir well. Cook 10 to 12 min.

until cooking occasionally until just tender or al dente. Drain and return to pot.

2. While pasta cooks, heat sauté in a medium nonstick over medium heat. When sauce is simmering, reduce heat to low.

3. While sauce heats, cut eggplant lengthwise into 1/2-inch-thick slices. Lightly spray both sides with cooking spray. Grill eggplant until well marked on both sides, 4 to 5 minutes per side. Roughly chop grilled eggplant.

4. Add eggplant and sauce to cooked pasta. Stir well. Divide among pasta serving bowls and top with ricotta and Parmesan, and parsley if using.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER CALORIES: 1200 CALORIES/300MG FAT/100MG
SODIUM/100MG SATURATED FATS/CHOLESTEROL/
FIBER/100MG FIBER

use ricotta. Dr. Vinc's Cheese has smoky, creamy flavors and just the right acidity to match this pasta.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
PER CALORIES: 1200 CALORIES/300MG FAT/100MG
SODIUM/100MG SATURATED FATS/CHOLESTEROL/
FIBER/100MG FIBER

use ricotta. Dr. Vinc's Cheese has smoky, creamy flavors and just the right acidity to match this pasta.

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There's no need for takeout with this bowl and fork plate loaded with goodness like chicken sausage, peppers, and cheese.

- 1 (F) mild probiotic strain (oral) (oral)
- 2 (F) mild probiotic strain (oral) (oral)
- 3 (F) mild probiotic strain (oral) (oral)
- 4 (F) mild probiotic strain (oral) (oral)
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- 7 (F) mild probiotic strain (oral) (oral)
- 8 (F) mild probiotic strain (oral) (oral)
- 9 (F) mild probiotic strain (oral) (oral)
- 10 (F) mild probiotic strain (oral) (oral)

1. Preheat oven to 450°F. Place pizza crust on a baking sheet. Start measuring dairy and oil, etc.

2. Spread sauce onto crust. Sprinkle on pizza cheese. Bake top with anchovies (if using), sausage, and onion. Top with Parmesan.

APPROXIMATE TO THE FOLLOWING VALUES FOR THE FIRST
EIGHT COLUMNS OF THE CORRELATION MATRIX
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FOR THE FIRST EIGHT COLUMNS OF THE CORRELATION MATRIX
FOR THE FIRST EIGHT COLUMNS OF THE CORRELATION MATRIX



WINE RECOMMENDATION: An easy-drinking Pinot Noir like the one from Fox Colucci is your safe bet with this wine.

POWDER WITH APPLES AND CHICKEN
SERVES 4

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Allopurinol is related to a chemical synthesis route used to develop xanthine oxidase inhibitors and has been used in the treatment of gout.

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Small carpenter ants fit snugly within the irregular handmade in Puga. They look curious—roundish when relaxed, given the joint in a bulky almost insect-like. The feature is dense and porous in the pads both its large while absorbing a wave, like carry Bush Pampa Regatta Regatta and Squared The paddlers are slightly larger than the size April 12. Anomalous made gently, but only the second in the of the world's best, New

strong. For experience with the doctor — the nurse won't have any of us, small

1. *Chlorine* is a gas. Pools equipped with a pump can fill or empty faster. *Chlorine* is a gas. Pools equipped with a pump can fill or empty faster.
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- In a large pot, bring 1 gallon water to a boil. Sprinkle in 4 cups salt with other add-ins and stir well. Cook 20 to 30 minutes until vigorously boiling and put tender or al dente. Drain and return to pot.
- While pasta cooks, add sauce to a large skillet over medium heat. Stir ingredients for 10 minutes, then, add wine, stir, and add at a time. The ingredients will melt and thicken significantly. Reduce heat to low.
- Get tomatoes charred, and sauté onion. Stir in most of your pasta and toss well. Cover immediately.

THE UNIVERSITY OF CHICAGO
 DIVISION OF THE PHYSICAL SCIENCES
 DEPARTMENT OF CHEMISTRY
 5712 S. UNIVERSITY AVE.
 CHICAGO, ILL. 60637



WINE RECOMMENDATION: Fruit and peppery Ecco Domani Chasen makes a lovely match for this dish. **A**

Visit Kimberly's Blog at
www.kimberly.com

Summer Meals

With help from Hannaford, you can enjoy the great outdoors — and a great dinner

READY IN 15 MINUTES

Roasted Garlic Shrimp

MAIN

Roasted Garlic Shrimp with Crispy Potatoes

Pick up 1 lb. shrimp from Seafood and toss with Garlic oil. Inspiration? Roasted Garlic Marinade. Get 1/2 lb. more potatoes from Produce and pick up a bottle of vegetable/Garlic Dipping Oil.

SIDE

Caper Salad

Make a traditional salad of sliced fresh mozzarella, tomatoes, and fresh basil found in Produce.

Cake Bread

Pick up cake bread from the Bakery.

DESSERT

Blackberry Pie

For a classic dessert, pick up our fresh baked blackberry pie from the Bakery. It's great if it's made or topped with blueberries.



INSTRUCTIONS: Tossy slice potatoes, roast inspiration, Garlic Dipping Oil as needed. Stir in add potatoes, serve and soak 5-10 min. Preheat oven. Flip potatoes and cook 5 more minutes. Roasted. Remove to a plate and Cook shrimp in oil for 3-4 minutes.

READY IN 15 MINUTES

Bacon Cheddar Burgers

MAIN

Bacon Cheddar Burgers

Stop by the butcher shop for inspiration. Bacon Cheddar Burgers. Grill and serve on rolls from the Bakery with fresh lettuce and tomato.

SIDE

Virginia Style Roasted Salmon

Visit the deli for inspiration. Style Roast Salmon. For greens, pick up a package of Nature's Place™ Roast Salad in Produce and toss the greens with the pasta salad.

DESSERT

Peach Salad with Fresh Strawberry

Pick up pre-cut mixed fruit, fruit and a pint of fresh blackberries. Serve with a drizzle of honey for extra sweetness.



INSTRUCTIONS: Preheat grill. Cook fruit salad with blackberries in a serving bowl. If desired, drizzle on honey. Divide greens on four plates and top with pasta salad. Grill burgers 6 to 8 minutes per side.

A Double-Scoop of Flavor and Nutrition

This summer, start your family on a journey to better health with ZESPRI® Kiwifruit. Studies have ranked kiwifruit as one of the most nutrient-dense fruits, but with delicious tangy-sweet GREEN and tropical-sweet GOLD to choose from, ZESPRI makes eating healthy fun.

Build healthy habits to last a lifetime.

Did you know that one serving of ZESPRI Kiwifruit has as much vitamin C as two oranges, more potassium than a banana, and as much fiber as a bowl of corn cereal? As a SuperFood, kiwifruit is both nutritious and delicious, with less than 100 calories per serving. Bite for bite, ZESPRI offers powerful nutrition in the perfect size for small hands and appetites.



Kids love ZESPRI Kiwifruit in their lunchboxes or as a snack, and it comes with its own child-sized bowl... just cut and scoop! Or try one of ZESPRI's many kid-approved recipes for a fun family activity with delicious results.



ZESPRI Kiwifruit Cone

Ingredients

1/2 cup white chocolate morsels
8 1/2 oz cream cones, vanilla
3 ZESPRI® GREEN Kiwifruit, peeled, finely diced
1/2 cup strawberries, finely diced
1/2 cup bananas, sliced and diced

Prep time: 15 minutes

Makes 6 servings

Nutrition/Calories per Serving: Calories 160 (60% Calories from Fat), 2g Protein, 25g Carbohydrate, 2g Fiber, 7g Fat, 4g Sat. Fat, 4g Total Fat, 4mg Cholesterol, 40mg Sodium



Kiwifruit is a good source of vitamins C and E, potassium, magnesium, and fiber, and has powerful antioxidants that boost immunity and aid digestion.

Melt microwave chocolate in small microwave-safe bowl for one minute, stirring every 30 seconds, until just melted. Stir until smooth.

Dip rim of each ice cream cone into melted chocolate. Spread interior of ice cream cones with remaining melted chocolate. Set in cool area for at least 10 minutes, until firm.

Mix kiwifruit, strawberries and bananas in medium bowl. Mound fruit mixture into ice cream cones. Serve immediately.

For recipes or additional information about ZESPRI® Kiwifruit, visit zespri.com.



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